



Pumpkin Cheesecake Bars

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



100 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 1 cup nuts chopped
- ☐ 16 ounce pound cake mix
- ☐ 4 teaspoons pumpkin pie spice divided
- ☐ 0.5 teaspoon salt

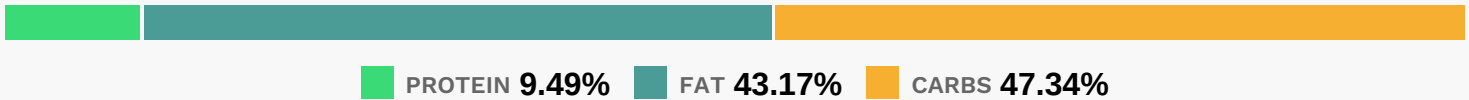
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F. In large bowl, on low speed, combine cake mix, 1 egg, butter and 2 teaspoons pumpkin pie spice until crumbly. Press onto bottom of 15x10-inch jellyroll pan.
- ☐ In large mixing bowl, beat cream cheese on low until fluffy. Gradually beat in sweetened condensed milk, then remaining 2 eggs, pumpkin, remaining 2 teaspoons pumpkin pie spice, and salt; mix well.
- ☐ Pour over crust; sprinkle with nuts.
- ☐ Bake 30 to 35 minutes or until set. Cool. Chill; cut into bars. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:3.9360869189967%

Nutrients (% of daily need)

Calories: 100.01kcal (5%), Fat: 4.92g (7.57%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.54g (4.2%), Sugar: 8.46g (9.4%), Cholesterol: 27.45mg (9.15%), Sodium: 118.73mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin A: 1515.45IU (30.31%), Phosphorus: 60.85mg (6.08%), Manganese: 0.12mg (5.97%), Vitamin B2: 0.09mg (5.56%), Selenium: 3.39µg (4.84%), Calcium: 41.95mg (4.2%), Iron: 0.59mg (3.3%), Magnesium: 12.98mg (3.24%), Copper: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.73%), Potassium: 87.58mg (2.5%), Vitamin B5: 0.25mg (2.48%), Folate: 9.68µg (2.42%), Fiber: 0.6g (2.4%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.38mg (1.92%), Vitamin B12: 0.09µg (1.58%), Vitamin K: 1.64µg (1.56%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.22mg (1.47%)